

# PART 4

## ALIVE AND THRIVING

- True Anarchy
- Sovereignty
- Unlimited Potential
- Resistance
- Denial
- Anger
- Letting Go
- Self Healing
- Personal Responsibility
- Overcoming Addictions
- The Great Work
- Self Resourcing
- The Great Work



# Internal Monarchy External Anarchy

- ▶ Developing Mastery Over Our Selves is the Goal (**EMPOWERMENT**)
  - ▶ Rather than Giving Over Our Power to an External Source (**VICTIMHOOD**)



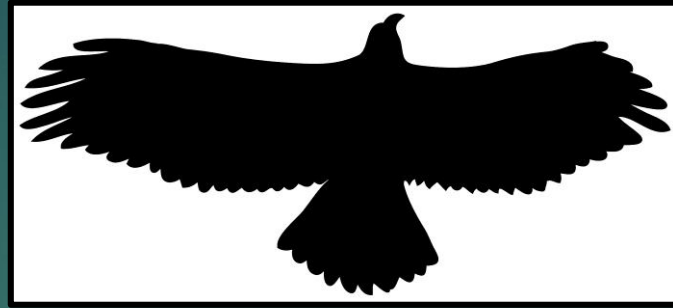
# THE REAL DEFINITION OF ANARCHY

The word Anarchy is derived from the Greek prefix an-, meaning “without; the absence of,” and the Greek noun archon, meaning “ruler; master.” *Anarchy* does NOT mean “without rules.” It literally means “without rulers.”

**No Rulers. No Masters.**



# ANARCHY is FREEDOM FROM EXTERNAL RULERS.



If people learn to live as guided by Natural Law, then Internal Monarchy results. No external coercion or additional human-made laws or governance would be necessary.

Under the non-aggression principle, people would have the motivation and direction to solve problems using peaceful means. Recognizing their interdependence, people would respect each other's rights and aspire to work together. If one's rights are violated, then individuals have the right to self-defense, and this knowledge would help keep people's impulses in check.

Personal Responsibility Underlies Everything.

If people continue to look outward for some person or group to guide them, then essentially they are stunting their emotional and spiritual growth and limiting their human potential and power, both individually and in relationship to others. They handicap themselves.

"Anarchy is not the chaos that media portrays showing riots and looting, or lawlessness. Those are the things that happen under every government in history, usually as a reaction to some act of bureaucracy. Anarchy is actually peaceful people being left alone to rule their own lives while leaving others alone to do the same. "-Lee Wrights

"ANARCHY is the ABSENCE OF SLAVERY (*which is*) the erroneous claim of ownership of another person, their property, or the fruits of their labor." -Logan Hart



# SOVEREIGN

A **Sovereign** is a **Monarch** (*mon-*: “one”; *archon*: “ruler”), a Single Ruler who rules only **The Kingdom Of SELF**. **Sovereignty** is a state in which one controls one’s own **Thoughts, Emotions, & Actions**, and by bringing them into Unity / Non-Contradiction / Non-Duality, attains Mastery of one’s own Consciousness.

**Self-Control = Self-Mastery = Self-Ownership**

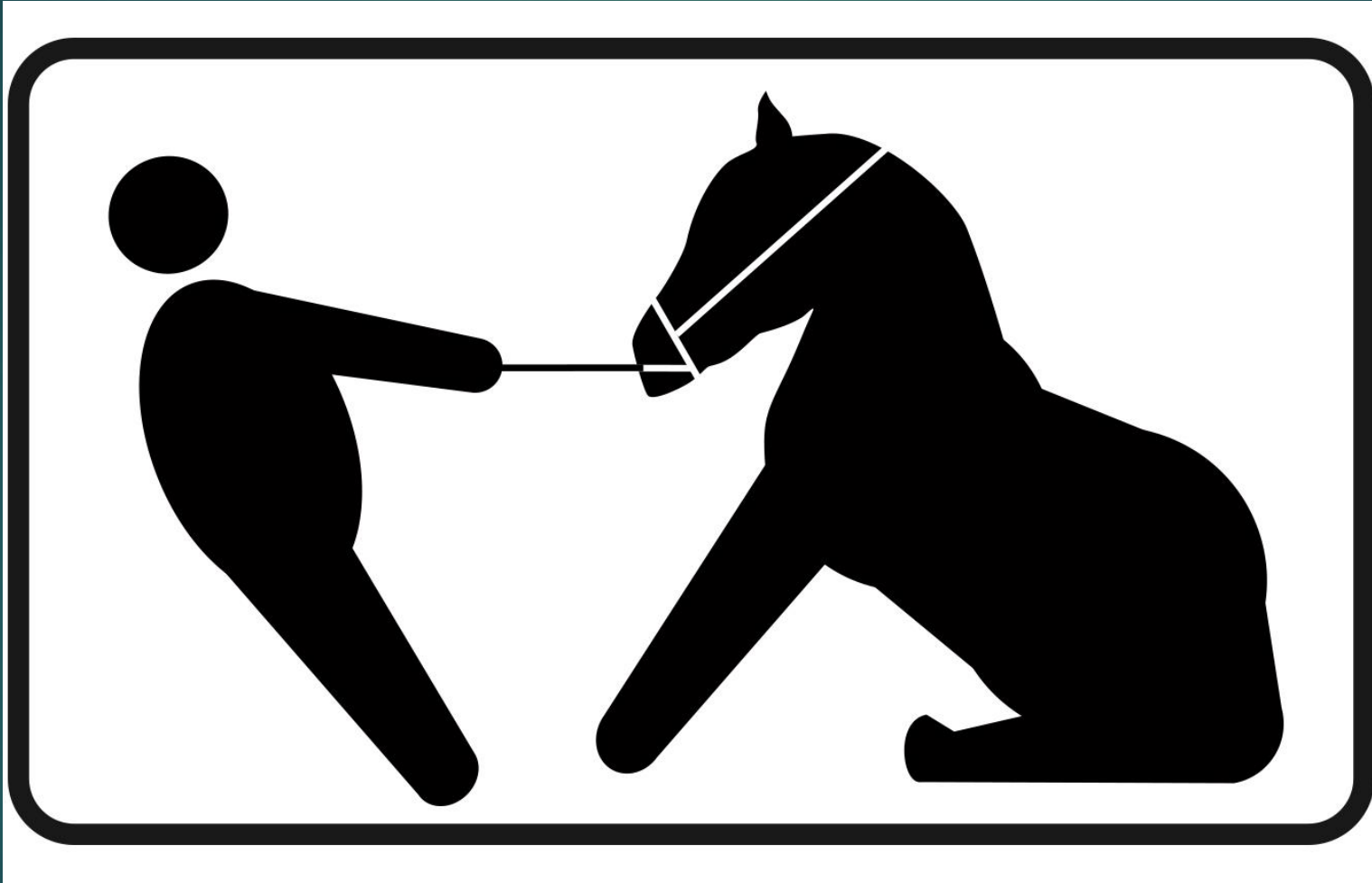
# NOT A SLAVE



# OUR POTENTIAL is UNLIMITED



# WHAT STOPS US?



# RESISTANCE

- ▶ WE ALL RESIST SOMETHING. We even resist believing the truth because it feels threatening in some way.
- ▶ We may resist making POSITIVE CHANGE because Even Good Change Can Be Frightening.
- ▶ We Resist BELIEVING THAT SOMETHING BETTER IS POSSIBLE! *(because our doubts are fueled by fear of losing that which we know and feel secure in).*

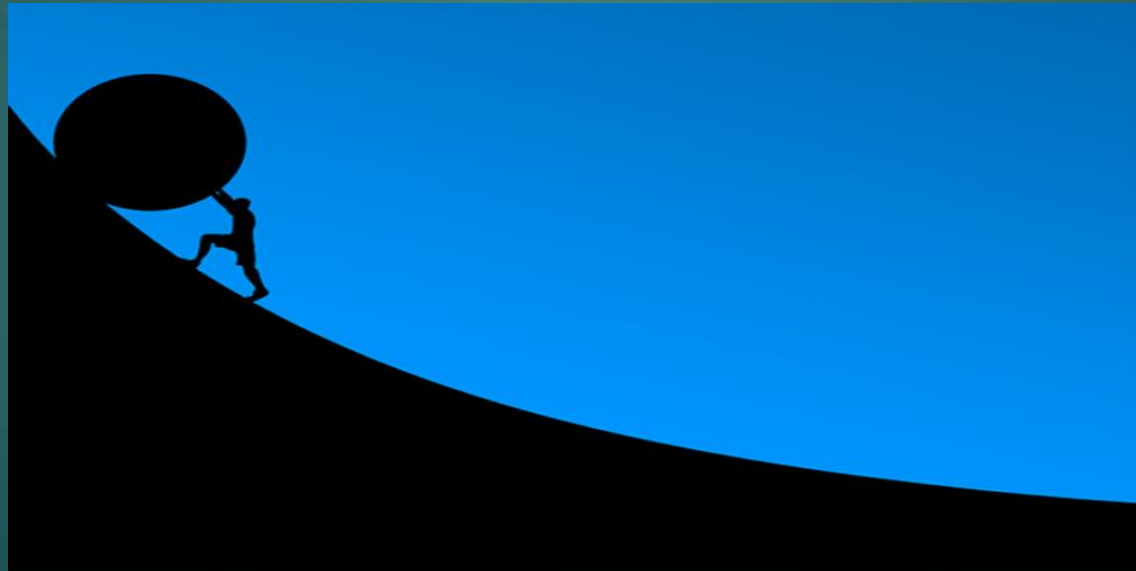
## WHY?

- ▶ We all have an Instinctual Drive for Survival. This is wired into our brains, into our nervous systems.
- ▶ WE SEEK SAFETY. Safety is associated at a basic level with belonging to a Tribe or Community.
- ▶ We have a drive to fit in. To be Accepted. To have protection in a group. To feel normal.
- ▶ What is familiar gets associated with a sense of safety. Without the group, lose protection; we risk death.
- ▶ We seek to avoid Pain and to avoid Death.
- ▶ We Fear Loss. We Fear the Unknown.
- ▶ We Fear Rejection, Abandonment, Shame and Ridicule
- ▶ We develop Internal and External Defenses to Secure our Sense of Safety. We become Guarded.
- ▶ Defenses include EXTERNALIZATION, DENIAL, MINIMIZATION, PROJECTION, AVOIDANCE, SELF PITY.
- ▶ We develop THINKING ERRORS.
- ▶ These Templates of Defense are often not conscious. They can be deeply imbedded in our nervous system, the limbic system of our brain, our Genes and DNA.
- ▶ History of individual, familial, ancestral trauma often forged these templates of fear and defense.



# WHAT ARE YOU RESISTING?

- ▶ What idea seems impossible to you?
- ▶ What positive changes are you resisting?
- ▶ What life style habits are you defending?
- ▶ What makes you feel Unsafe?



# Why Do We RESIST THE TRUTH?

## Why Do We RESIST POSITIVE CHANGE?



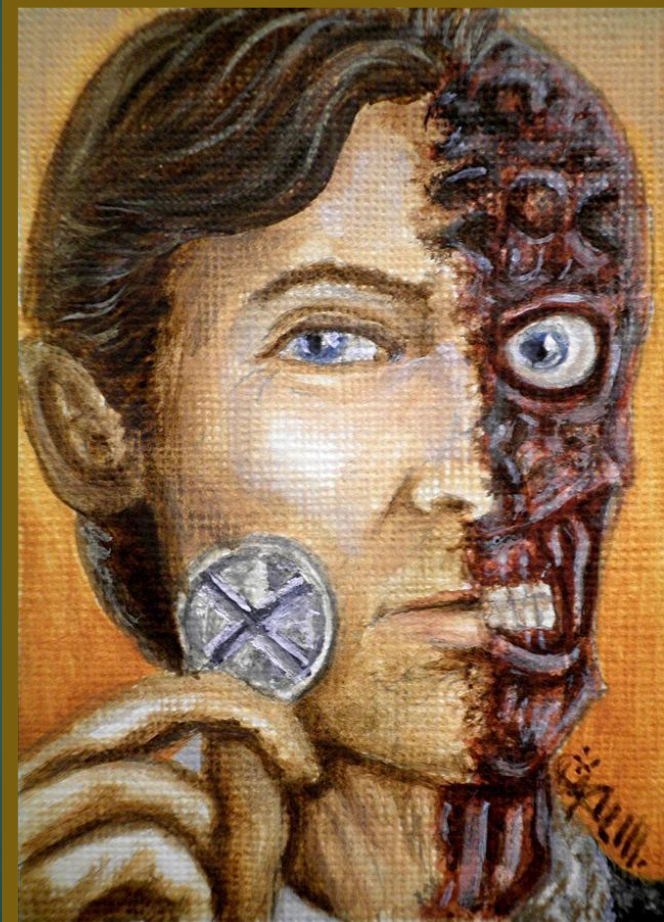
- ▶ Expectations from others or internalized “Shoulds”
- ▶ Unconscious Programming from our families, the media, culture, overall societal norms.
- ▶ Pressures to conform; fear of criticism.
- ▶ Internalized Shame
- ▶ Threats of Alienation or Rejection
- ▶ Fears of catastrophe.
- ▶ Gas Lighting – resulting in us doubting our own perceptions, thoughts and conclusions
- ▶ Insecurity about our own power of intelligence, and sense of personal agency
- ▶ Learned Helplessness
- ▶ Generational Suffering – Accepting the Pain Body as true
- ▶ Internal and External Conflicts/competing values and desires
- ▶ FEAR OF PAIN: We choose to stay asleep because waking up is too frightening or painful.
- ▶ Self doubt, a pattern of thought and behavior that develops from a young age.
- ▶ Doubts about being able to count on other people
- ▶ Interfering World Views



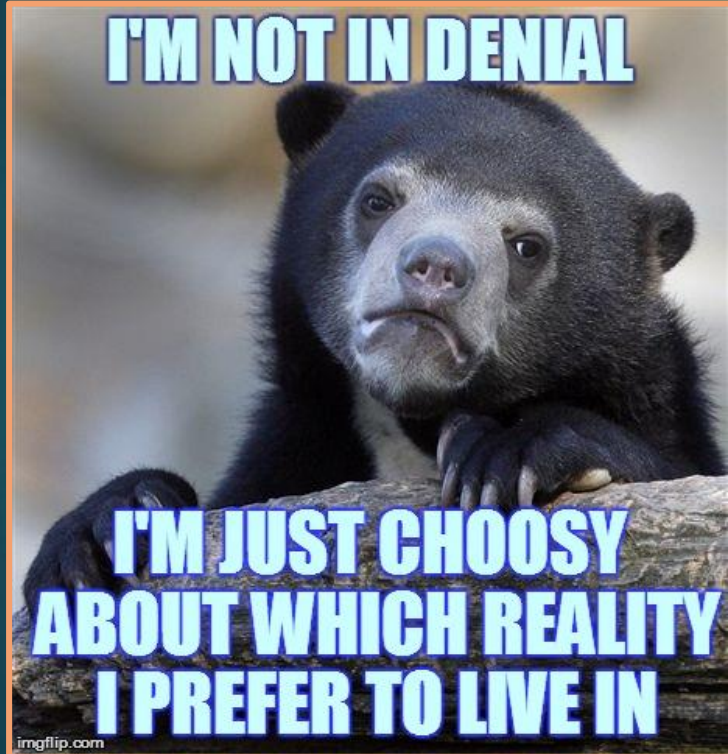
Lawrence Wasson:  
[www.ThePrincipleOfCare.com](http://www.ThePrincipleOfCare.com)

# FEELING

We are where we are because we have been conditioned to disregard, ignore, and/or run away from all perceived threats or signs of danger. In many cases today, the perceived "threat" or "danger" is the Truth.



# “Anything Unresolved Within Our Energy Field Will Keep Manifesting Itself in our Life Until We Heal It.”



You can run but you can't hide.

If you are out of alignment within yourself or with Truth, then you will not have true peace.

You will perpetuate your own suffering.

- ▶ This happens when we choose to stay with our fear rather than let go of it, so we stay afraid.
- ▶ Sometimes we reject facts and reasoning to perpetuate the illusion of safety and use defenses such as denial, minimization or projection to remain in ignorance.



YOU'D BE  
SURPRISED  
WHAT LENGTHS  
PEOPLE WILL  
GO TO NOT TO  
FACE WHAT'S  
REAL AND  
PAINFUL  
INSIDE THEM.

HPLYRIKZ.COM

# DENIAL

**DENYING WHAT  
YOU FEEL WILL NOT  
MAKE IT GO AWAY.  
IT ENSURES THAT  
IT NEVER GETS  
RESOLVED.**

PictureQuotes.com

**A person who lives in Denial  
will paint a picture of  
themselves as being the  
victim or innocent in all  
aspects. They will be  
offended by the truth. But  
what is done in the dark, will  
come to light. Time has a way  
of showing people's true  
colors**

DENIAL IS THE SHOCK ABSORBER  
FOR THE SOUL. IT PROTECTS US  
UNTIL WE ARE EQUIPPED TO  
COPE WITH REALITY.  
- C.S. LEWIS



# ANGER as FUEL

- ▶ Not all Anger is the same.
- ▶ Dark Side of Anger - YODA: "Fear is a path to the dark side. Fear leads to anger. Anger leads to Hate. Hate leads to Suffering."
- ▶ However, Anger in itself , is NOT BAD.
- ▶ Petty vs. Righteous Anger.
- ▶ Overcoming our discomfort and **Fear of Anger**
- ▶ Anger is a Signal. Anger is telling us something.
- ▶ Anger is a Motivator.
- ▶ Channel the Power of Anger into Right Action. Use anger consciously and wisely for a purpose.
- ▶ Transmute Anger from Poison to Medicine
- ▶ How can you translate the raw emotional power of anger into an honorable action?
- ▶ Become the Driver of your Emotions. Anger is a Power of Change.
- ▶ What is the Intention for the Use of My Anger?
- ▶ Express your anger with your frontal lobes turned on, when possible.
- ▶ Self Defense is an appropriate application of anger under pressure, when our rights are being threatened.
- ▶ "With Great Power Comes Great Responsibility"



# LETTING GO

of Fear and Resistance

let it go



# Self Forgiveness, Self Healing

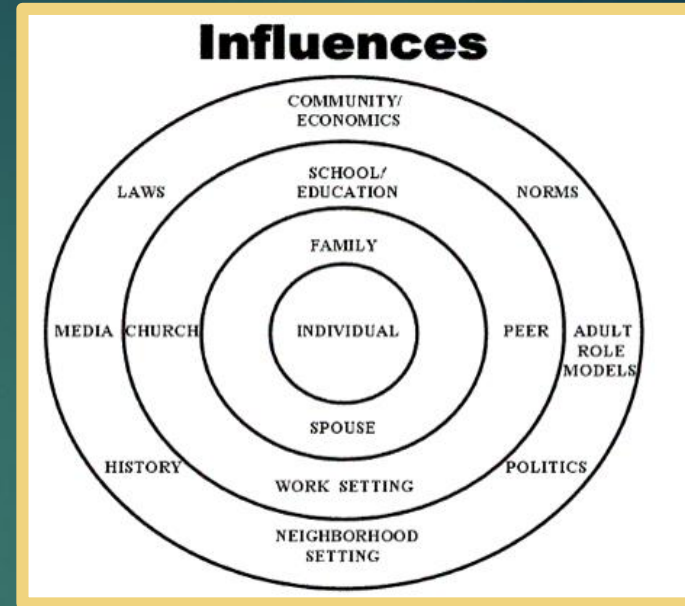
“The healing process concludes once you make a distinct point of forgiving yourself for past foolishness and lack of boundary. Focus on the lessons learned and wisdom received from your experience of evil. Betrayal of Self eventually resulted in the strengthening of Selfhood, so take a deep breath, forgive yourself and move on.”

Michael Tsarion from Psychic Self Defense



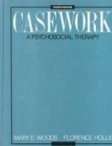
# PERSON IN SITUATION

- ▶ Be COMPASSIONATE
- ▶ Operate from a place of CARE
- ▶ EMPATHY
- ▶ We are all connected at a higher spiritual level
- ▶ Hurting another is hurting oneself and future generations.



## Person-In-Environment aka: Person-In-Situation

- Florence Hollis (1964)
- Stresses a person's **physical, social, and psychological** realities as well as the social realities that both define and limit that person.
- Examines both the **personal**, and the **social** aspects of all 'Problems' be they social problems, or personal ones.



# TAKE PERSONAL RESPONSIBILITY FOR YOUR HEALING

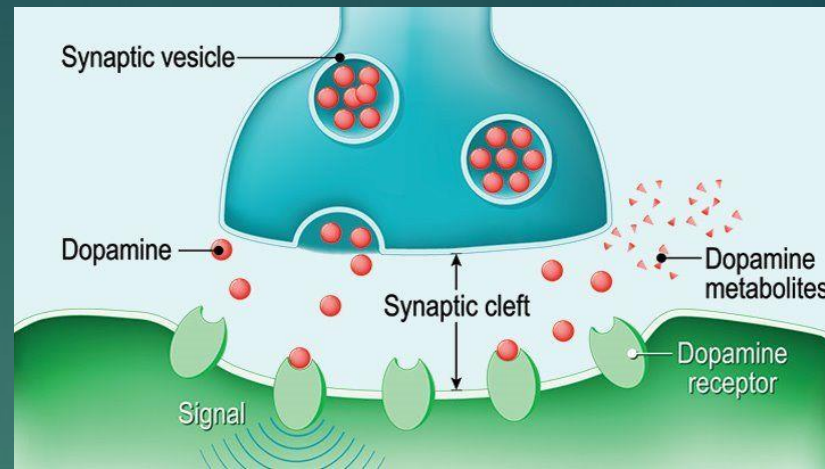


# ADDICTIONS AND DEPENDENCIES

- ▶ Addiction hijacks a person's mind and takes over their consciousness.
- ▶ Addiction leads the development of internal conflict and cognitive dissonance.
- ▶ Harm Reduction is not a solution.
- ▶ True Freedom includes Freedom from Addiction
- ▶ Guarding yourself against external forces that seek to control, exploit, or seduce you into certain behavior patterns is vital to your health.
- ▶ Media and modern technology trends are modes of control of the human mind due to how they hijack our nervous system and natural pleasure circuitry.



# The Brain on Dopamine



- ▶ Feeling pleasure is a natural motivator for human survival.
- ▶ Pleasure motivates us to repeat behaviors which are life-sustaining (such as eating, having sex, exercise).
- ▶ DOPAMINE is a neurotransmitter which is present in the parts of the brain that regulate movement, emotion, motivation and feelings of pleasure.
- ▶ The human brain is designed so that we get a reward (dopamine surge) when we engage in life-sustaining acts by creating a sense of pleasure, satisfaction or reward when doing them.
- ▶ Repetition of such activities is encouraged by the pleasure and thus activates a reward circuit involving the repetition of life-perpetuating behaviors.
- ▶ Dopamine also guides the brain to associate importance to life-sustaining activities, therefore the more powerful the experience the louder the message of importance and the stronger the desire is to repeat the activity.



# Dopey on Dopamine

- ▶ Substances impact with the way our nervous system manages information by influencing its communication system. The key elements of such communication are neurotransmitters such as dopamine, serotonin, GABA, Acetylcholine, Epinephrine, Norepinephrine, and Endorphins.
- ▶ Certain substances release Dopamine at 2 to 10 x greater than the brain does under natural circumstances.
- ▶ The likelihood that a particular drug will lead to addiction is strongly tied to the rate at which dopamine is released, and the intensity and duration of that release.
- ▶ If an individual continues to consume the addictive substance, the brain adapts to the artificially high levels of dopamine and stops producing dopamine naturally (or reduces the number of dopamine receptors).
- ▶ This leads to a person receiving less pleasure through natural behaviors in life.
- ▶ With repeated flooding of the brain with dopamine, the natural brain reward circuit can collapse, ultimately causing low dopamine function, intense cravings, and diminished ability to perceive pleasure (without the substance).
- ▶ This can lead to the vicious cycle of addiction.



# Another way to look at Substance Abuse

“The opposite of addiction is not sobriety. The opposite of addiction is connection. And our whole society, the engine of our society, is geared towards making us connect with things not people. If you are not a good consumer capitalist citizen, if you’re spending your time bonding with the people around you and not buying stuff – in fact, we are trained from a very young age to focus our hopes and our dreams and our ambitions on things we can buy and consume. And drug addiction is really a subset of that.” – Joann Hari

“It’s not your morality, it’s not your brain; it’s your cage.  
Addiction is largely an adaptation to your environment.”  
–Bruce K Alexander



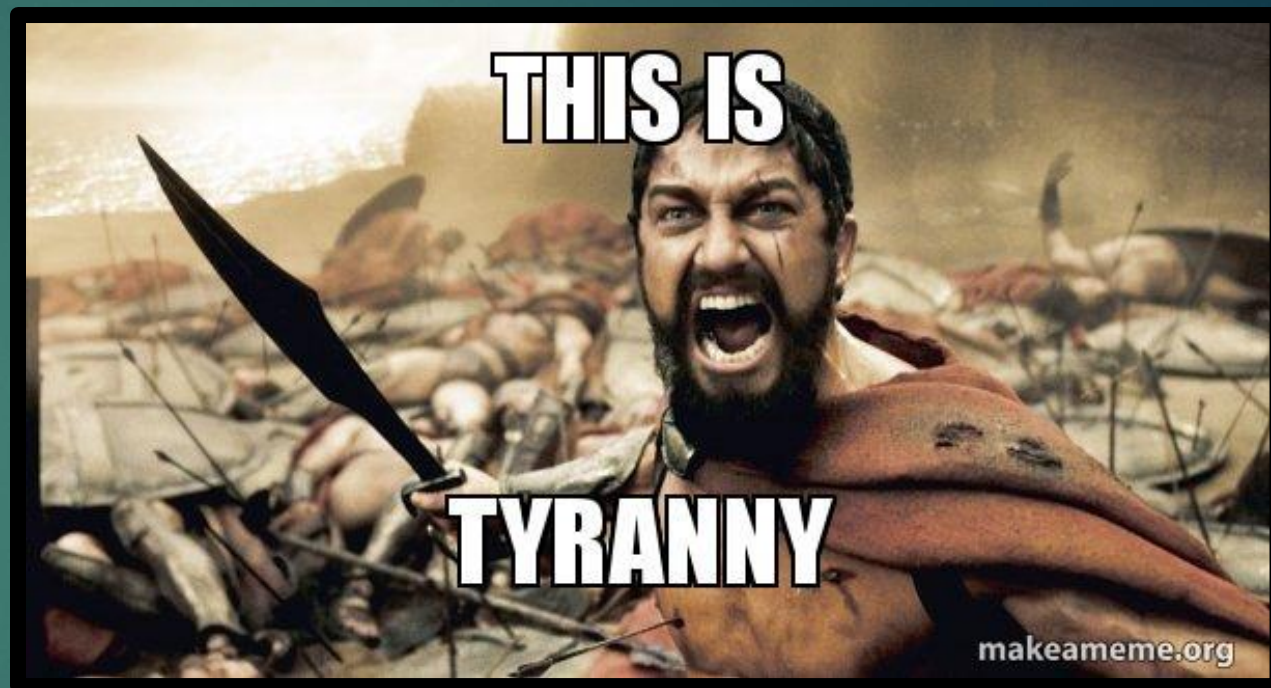
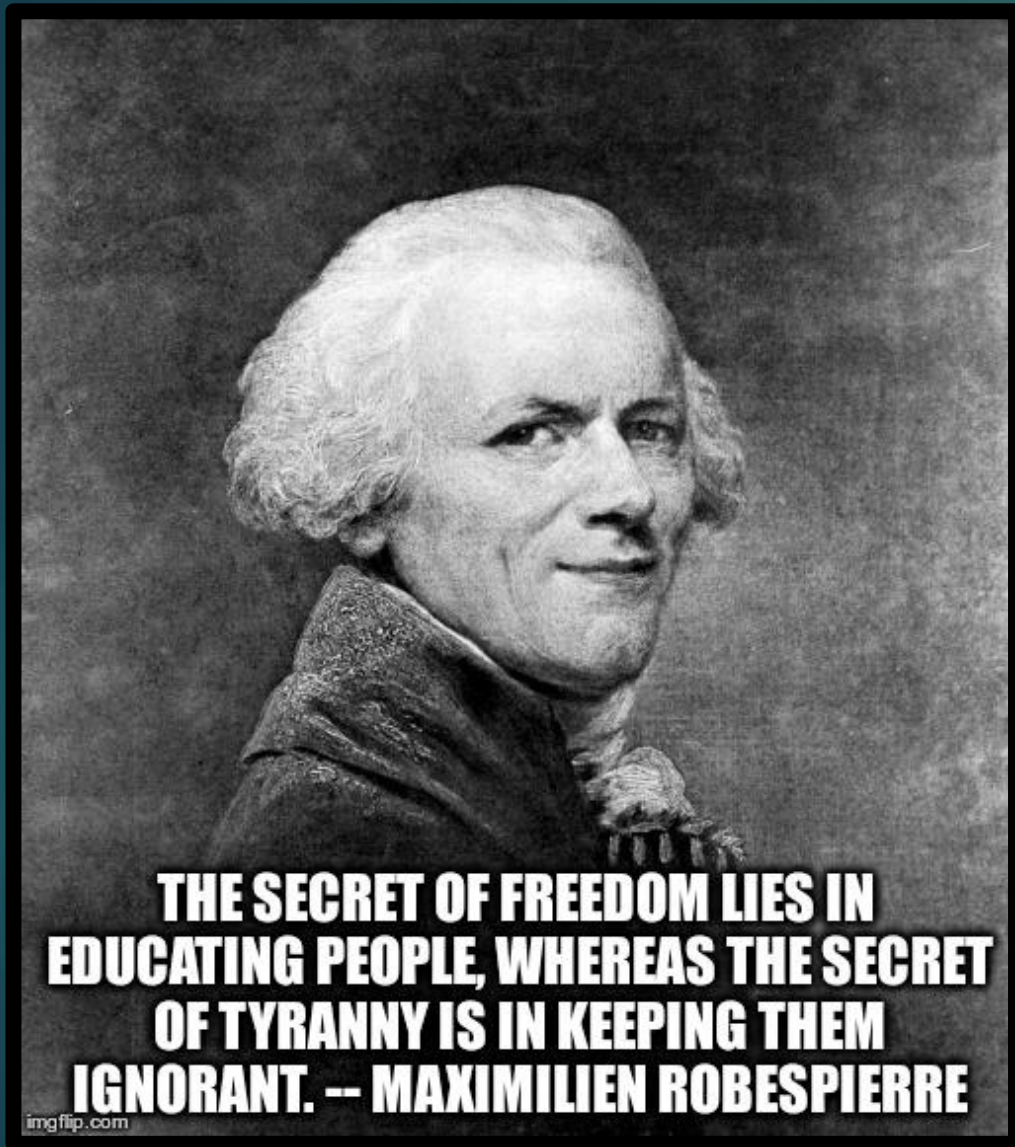
We’ve created a society where significant numbers of our fellow citizens cannot bear to be present in their lives without being drugged, right? We’ve created a hyperconsumerist, isolated world that is, for a lot of people, much more like (an empty cage).



# Gabor Mate from “In the Realm of Hungry Ghosts: Close Encounters with Addiction”

- ▶ “Not all addictions are rooted in abuse or trauma, but I do believe they can all be traced to painful experience. A hurt is at the centre of all addictive behaviors. It is present in the gambler, the Internet addict, the compulsive shopper and the workaholic. The wound may not be as deep and the ache not as excruciating, and it may even be entirely hidden – but it’s there. As we’ll see, the effects of early stress or adverse experiences directly shape both the psychology and the neurobiology of addiction in the brain.”
- ▶ “It is impossible to understand addiction without asking what relief the addict finds, or hopes to find, in the drug or the addictive behavior.”
- ▶ “The attempt to escape from pain, is what creates more pain.”





# The Great Work



“One does not become Enlightened by imagining figures of light but by **making the darkness conscious**. The latter procedure, however, is disagreeable, and therefore, not popular.”

Carl Jung

